

one with a loss



Telephone:
020 8051 8380

Other ideas

- Bring people together – all the people that lost someone in a group and see how they feel
- Express your feelings
- Give reassurance
- Give them a hug

“It happens to everyone. We will go through this together”

“You are not alone. You have us. Keep calm”

Your friend’s reaction to a death or loss can vary. Some friends may have reactions that are short-lived. Others may have more severe and long-lasting reactions.

ORGANISATIONS THAT MAY HELP

Bereavement Care

www.bereavementcareandsupport.co.uk Tel. 0208 4275720

Child Bereavement UK

www.childbereavementuk.org Tel. 0800 0288840

Winston’s Wish

www.winstonswish.org Tel. 0845 20 30 405

Samaritans

<http://www.samaritans.org/> Tel. 08457 90 90 90

Hope Again (formerly RD4U)

www.hopeagain.org.uk Tel: 0808 808 1677

With thanks to the pupils and staff at Norbury Primary School for their ideas and drawings.

How to help some



Educational Psychology
Service Office

Feelings your friend can have

People usually feel lots of different emotions when someone has passed away

"They're probably going to be feeling broken-hearted, sad, angry and depressed"

"You feel like you have an empty hole, you would like to stay there"

Possible emotions:

Disappointed

Sad

Upset

Worn-out

Stressed

Unhappy

Ill

Weak

Helpless

Crying

Regret

Guilty

Frustrated

Irritated

Confused



Inspiration board

8 Do's

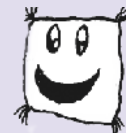
Do ask them if they need anything



Help them create a memory book to remind them of the person



Be ready to listen if your friend wants to talk about feelings



Do try to keep normal

Do something nice for them like a happy card or gift.

Do tell a teacher or adult to keep an eye on them if you are worried.

HELP A friend

I feel so sorry for how I ^{him} could help?



Maybe I could make him a card.

